

Almonds - Organic Dry Roasted

Nutritional Information			
Serving Size:		1 oz (28g)	
Amount per Serving			
Calories	169	Calories from Fat:	135
% Daily Value *			
Total Fat	15 g	23 %	
Saturated Fat	1 g	6 %	
Trans Fat	0 g		
Cholesterol	0 mg	0 %	
Sodium	0 mg	0 %	
Total Carbohydrates	5 g	2 %	
Dietary Fiber	3 g	13 %	
Sugars	1 g		
Protein	6 g		
Vitamin A	0%	Vitamin C	0 %
Calcium	8%	Iron	7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.			
Calories: 2,000 2,500			
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
	Fat	9	
	Carbohydrates	4	
	Protein	4	

Ingredients: Organic Almonds

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.